



Apples

Fact Sheet



Where did they come from?

Apples have been grown for over 5,000 years. Apples can be traced back to the Romans and Egyptians who introduced this fruit to the British. Early Americans brought seeds from Europe and planted the first apple trees in Massachusetts and Virginia. Johnny Chapman, more commonly known as “Johnny Appleseed”, planted apple seeds wherever he traveled in the United States. Currently, at least 50% of apples grown in the United States are fresh, while the other 50% are used for juices, applesauce, jellies or dehydrated apple products. Today, Americans eat over 120 fresh apples each, per year!

Where do they grow?

Apples are grown throughout the United States, but Washington State produces the most apples each year. This state produces more than half of the fresh apples grown in the country. They sell their apples to all 50 states and over 40 countries. Other states, which are top producers of apples, include New York, New Jersey, California, Michigan, Pennsylvania and Virginia. New Jersey’s leading counties that produce apples are Gloucester, Camden, Cumberland and Warren. Imported apples are grown in Canada and New Zealand. Most apple varieties are available all year round, but some varieties are only available a few months of the year.

How do they grow?

Commercial apples are not grown from seeds but through grafting or budding to produce trees that will bear fruit. Apple trees require fertile soil, adequate amounts of water, and grow best where the climate is hot during the day and cool at night. Once the apple tree is planted, it takes about 2-3 years for the tree to produce fruit. The apple tree will grow buds or short shoots which bloom into apple blossoms and form the fruit. When the fruit is mature and ripe, the apples are hand picked.

Are they healthy?

-  Good source of fiber, potassium and vitamin C
-  Contains no fat, cholesterol or sodium

How do you pick a good one?

-  Choose apples that are firm
-  The skin should be shiny, not dull
-  Avoid those with soft spots, bruises, punctures or discoloration

☺ FUN FACTS! ☺

Apples

Did you know...

- ☺ **Did you know one apple has 5 grams of fiber, which provides 20% of the daily fiber recommendation?**
- ☺ **Did you know that apples are in the rose family?**
- ☺ **Did you know that each year, one apple tree can fill 20 each, 42 pound cases, of apples?**
- ☺ **Did you know there are many different varieties of apples?**
(Braeburn, Golden & Red Delicious, Fuji, Gala, Jonagold, Rome Beauty, Granny Smith, Winesap, McIntosh, Pink Lady, Cameo, York, Ginger Gold, Jonathan...)
- ☺ **Did you know apples float because 25% of their volume is air?**
- ☺ **Did you know there are over 7,000 varieties of apples grown throughout the world?**
- ☺ **Did you know New Jersey's first apple seed was planted in 1639?**
- ☺ **Did you know apples can be red, green or even yellow in color?**
- ☺ **Did you know Granny Smith apples are bright green and are delicious, either cooked or eaten raw?**
(If you like tart, crispy foods than this apple is for you!)
- ☺ **Did you know that you can reduce the fat and calories in baked goods by substituting applesauce for shortening or oil?**
(Substitute the same amount of applesauce for the shortening or oil; for example, use a ½ cup applesauce instead of a ½ cup of oil. Try replacing only half the amount of shortening or oil in the recipe first, to see how it turns out!)
- ☺ **Did you know you can prevent cut, fresh apples from turning brown by dipping them in a solution of lemon, orange or pineapple juice and water?**
(Use 1 part juice to 3 parts water as a dipping mixture.)

Remember ... Include 5 - 9 servings of fruits and vegetables per day!



School Food Service Link.....

Quick Steps to 5 - 9 servings of fruits and vegetables per day at school...

Listed below are suggestions that you may choose at your own discretion

DOD (Department of Defense) Special:

- ✓ Call Leslie Bowen to place orders: 1-800-795-3523
- ✓ Mini bags of apples available for approximately .23 cents each!

RECIPES:

- ✓ Try a new recipe with apples --- Apple-Honey Cobbler (USDA C-1a)
Waldorf Fruit Salad (USDA E-12) Applesauce Cake (USDA C-3)
Baked Sweet Potatoes and Apples (USDA I-7)
Apple Dips (see attached)
- ✓ Mix chopped apples in oatmeal for breakfast
- ✓ Serve "Fruit on a Raft"; Sweetened chopped apples on a waffle
- ✓ Mix a small amount of cherries or cherry/strawberry gelatin into applesauce for a rosy colorful treat
- ✓ Add diced apples to chicken, turkey or tuna salad
- ✓ Offer mini bags of apples as a healthy a la carte snack! Offer at a discount in October!
- ✓ Place peanut butter and granola in a soufflé cup ;
Add apple wedges for an apple dipping treat for breakfast, lunch or After School Snack



Presentation **Meal Appeal -----**

Display Apples in Baskets and Crates for a Festive Fall Atmosphere!

MARKETING:

- ✓ Contact the Washington State Apple Commission for ideas and resources:
Phone: 509-663-9600 www.bestapples.com
- ✓ Advertise and highlight the fruit or vegetable of the month on your menu
- ✓ Decorate with crates and baskets of apples for a festive fall atmosphere
- ✓ Refer to "Fruits & Vegetables Galore" Kit (*Meal Appeal Manual*) page 9



Quality:

Store Apples in Original Box with Lid;
Keep Apples Away From Other Fruits as They Produce Ethylene!

PROMOTIONS:

- ✓ Promote a "Sticker Day" with prizes on featured fruit/vegetable menu day; Give this menu a special name! (*Example: Awesome Apples!*)
- ✓ Feature a "Dipper/Topping Day or Bar" each week in October! Offer a different dip or a variety of dips each time you feature this special. Let students go to a dipping/topping bar or place a choice of dips on serving line for students to add their own excitement and creativity to this healthy fresh fruit. Offer toppings too! (*Examples: granola, raisins, nuts...*) (*See dip recipes attached.*)
- ✓ Feature a different variety of apples each week for your customers to choose as a fruit component with their lunch. (*Examples: Red delicious, Golden Delicious, Granny Smith...*)
- ✓ Feature an apple special during National School Lunch Week!
- ✓ Conduct an "Apple Trivia Contest"! (Use trivia from "Fun Facts" or Washington Apple Commission.)



Safety:

Wash Apples Before Placing on Serving Lines!



School Food Service Link.....



School Food Service Recipes



Gran-Apples

Serving Size : 2 or 4 quartered apples per serving

(Quantity)Yield : 50 ¼ cup fruit servings or
25 ½ cup fruit servings

Recipe Source: Washington Apple Commission

Ingredients:

25 each Apples, fresh w/ skin
2 lbs + 10 oz Peanut butter, smooth
1 1/2 cups+ 1 Tbsp Honey
1 lb + 1 oz Cereals, Granola, lowfat

Instructions:

- 1- Cut apples into quarters.
- 2- Blend peanut butter and honey until smooth.
- 3-Spread peanut butter-honey mixture onto cut sides of apples.
- 4- Roll apples in granola.

Nutrients Per Serving: calories 241, protein 6.7 g, carbohydrates 30.1 g, fat 12.4 g, saturated fat 2.5 g, cholesterol 0 mg, Vit A 3 RE, Vit C 4 mg, iron 84 mg, calcium 18 mg, sodium 121 mg, fiber 3.8 g

HACCP Tips: Wash hands and clean all food preparation surfaces.
Produce (Fruits and Vegetables) Wash thoroughly before use.

Apples & Dips

Core apples; Cut into wedges; Drop into pineapple or citrus juice and water to prevent browning; Drain apples well before serving

(Remember to save pineapple juice when opening cans of this fruit.)

PB & OJ Dip

Yield: 100 each 2 oz. servings of dip

Ingredients:

7 lbs. Peanut Butter
2 qts. 8 oz. Orange Juice

Directions:

- 1- Cream pb & oj until well blended & smooth.
- 2- Portion 2 ounces of dip into soufflé cups.

Pineapple-Cream Cheese Dip

Yield: 100 each 2 oz. servings of dip

Ingredients:

6 lbs. 4 oz. Low Fat Cream Cheese
1 each #10 can Crushed Pineapple, Drained

Directions:

- 1- Cream together cream cheese and crushed pineapple until well blended
- 2- Portion 2 ounces of dip into soufflé cups.

Try the Following for Apple Dips:

- Low-Fat Vanilla Yogurt Mixed with Crushed Pineapples
- Caramel
- Chocolate Sauce
- Nacho or Plain Cheese Sauce
- Strawberry Glaze